



## Australasian Academy of Wellness Therapies

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### BASIC MASSAGE

#### Introduction:

While there are many different massage styles and techniques, it is important for one to understand the fundamentals of massage. The application of basic Swedish massage techniques and movements will ensure that the massage provides relief from tense and sore muscles. Massage is practised by every culture in the world, and there are records dating back many thousand of years attesting to its benefits. The skills you will learn during this workshop can be used in the home to help family and friends recover from stressful situations, or just enjoy the pleasure of being able to give a special gift.

Duration	: 2-day weekend workshop
Course fees	: \$280 + GST
Schedule	: Sat & Sun 9.00am – 5.00pm
Venue	: Suite 14, Southgate, 87 Canning Hwy. South Perth

#### Course Objectives:

At the end of the course, participants will be able to perform basic massage skills, undertake a full body relaxation routine and apply a standard of professionalism essential for the massage therapist.

#### Topics covered:

- Professional ethics
- Setting the scene
- Benefits, effects and contra-indications of massage
- Classification of massage movements
- Body massage techniques and sequence

\*\* Dress Code: Require to wear black t-shirts and black trousers. Participants must bring along 2 large and 2 bath towels to be used during training



#### Who Should Attend:

Anyone wanting to learn the basic skills of relaxation massage, which they can then apply to their partner and friends. This is a wonderful way to compliment friends and family in times of stress or just as a special thank you gift.

**Certificate** : Certificate of attendance and completion of basic massage skills from Australasian Academy of Wellness Therapies

**Progression** : This course is an excellent way of discovering your healing self, and could lead to further interest in the massage profession.

**Courses offered b AAWT include** : Certificate IV in Massage Therapy Practice  
Diploma in Remedial Massage

Call us at **08 9473 9999** for more information Or email us at [courses@aawt.edu.au](mailto:courses@aawt.edu.au)